



TEAM CULTURE PRACTICE

# STUDENT-ATHLETE PLAYBOOK:

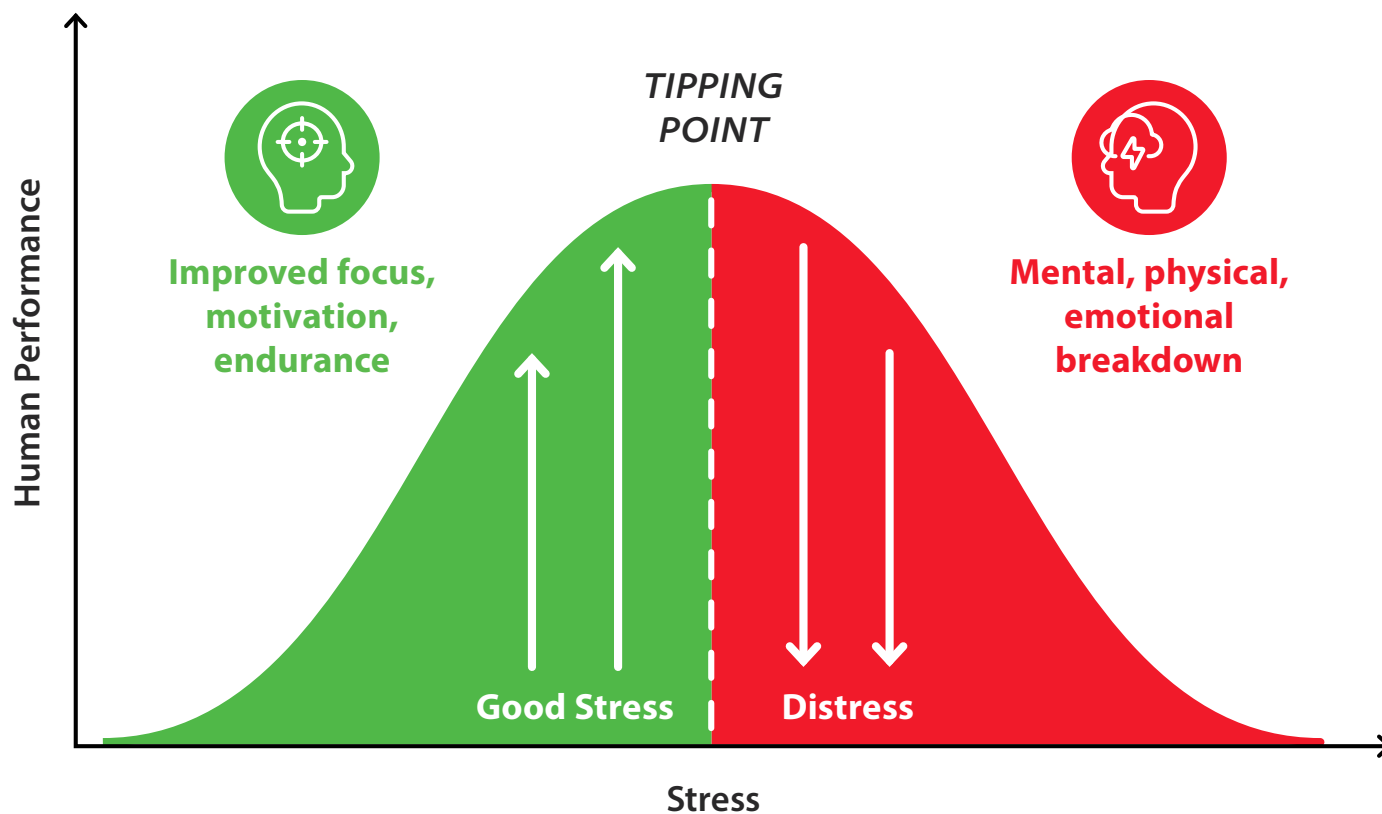
# PASSION

“WE **TIP** WITH  
**EXCELLENCE** AND  
**INTEGRITY**”

TEAMWORK. INCLUSION. PASSION.



## GOOD STRESS-DISTRESS CONTINUUM



*Based on the work of Hans Selye*

## GOOD STRESS-DISTRESS CONTINUUM

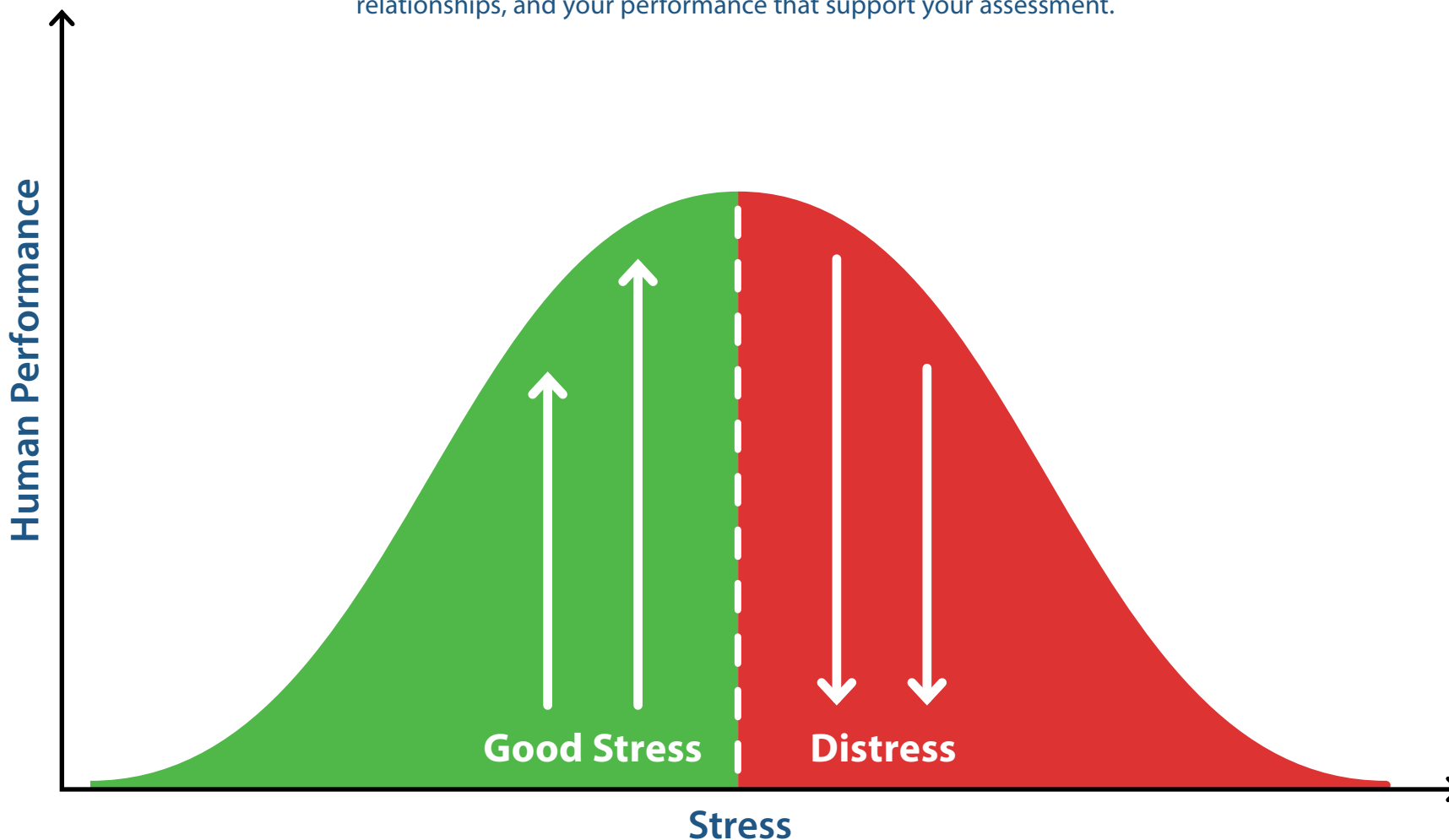


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EXAMPLE

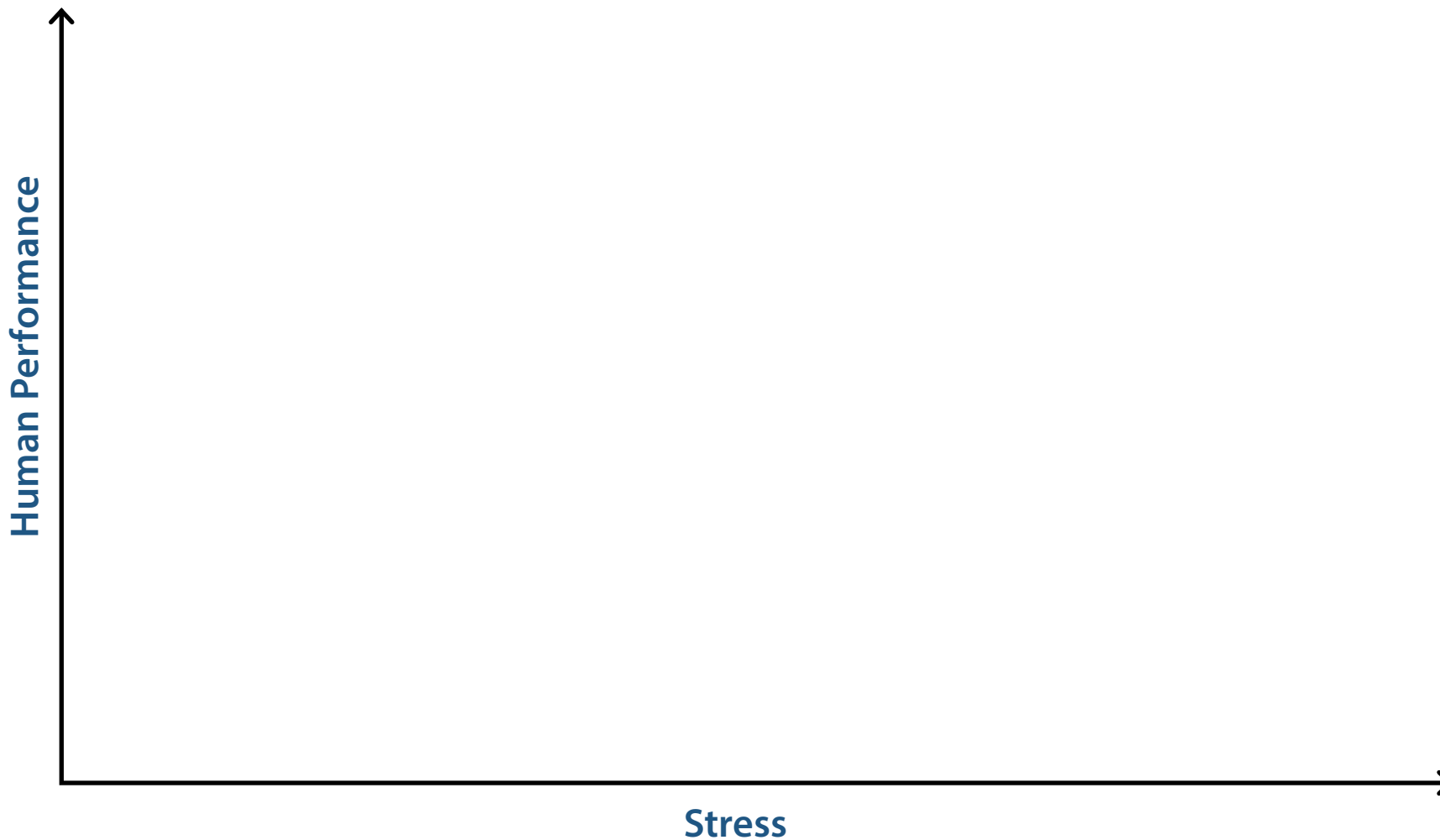
## GOOD STRESS-DISTRESS CONTINUUM

Select the box below that indicates where you are on the continuum and describe the signs in yourself, your relationships, and your performance that support your assessment.



Based on the work of Hans Selye

## GOOD STRESS-DISTRESS CONTINUUM







## GROWTH CONTINUUM

Our response to **EFFORT, CHALLENGES, MISTAKES, and FEEDBACK** determines how we perform!



When we respond ...

... by focusing on not losing, looking bad, or making mistakes, believing abilities are something we are born with, and that we **CANNOT** change, develop, or grow:

-  **By not putting in the EFFORT**
-  **By fearing and avoiding CHALLENGES**
-  **By being ashamed/afraid of MISTAKES**
-  **By resenting and resisting FEEDBACK**

We experience anxiety and doubt, mental and physical breakdowns, more fatigue, less enjoyment, and more performance ruts and failures!

... by focusing on the process of getting better, believing that abilities are built through practice and new challenges, and that we **CAN** change, develop, and grow:

-  **By giving diligent EFFORT**
-  **By embracing CHALLENGES**
-  **By building on MISTAKES**
-  **By valuing FEEDBACK**

We experience more joy, presence, and focus, higher productivity and pride in our accomplishments, higher performance outputs and more performance breakthroughs. **We achieve Excellence with Integrity!**



*Based on the work of Carol S. Dweck (2006)*

## GROWTH CONTINUUM REFLECTION

Reflect on your/our approach to **Effort**, **Challenges**, **Mistakes**, and **Feedback** during a specific situation, time, or event:

Situation, Time, or Event: \_\_\_\_\_



Which of your/our responses reflected a fixed mindset?

To the additional EFFORT required:
To new CHALLENGES experienced:
To MISTAKES that happened:
To FEEDBACK being given:

Which of your/our responses reflected a growth mindset?

To the additional EFFORT required:
To new CHALLENGES experienced:
To MISTAKES that happened:
To FEEDBACK being given:

To become a better leader, I will work on the following ...

In sport:

In my education:

Other (community, family, etc.):



The TIP Team Culture Practices are designed and delivered in partnership by:



[www.ewii.org](http://www.ewii.org)



[www.drake.edu/raycenter/](http://www.drake.edu/raycenter/)

For more information, contact The Robert D. and Billie Ray Center  
at 515-271-1910 or [raycenter@drake.edu](mailto:raycenter@drake.edu).

The TIP with Excellence and Integrity culture shaping resources were initially developed as part  
of the strategic plan of the NCAA Women's Basketball.



The Women's Basketball Coaches Association (WBCA) is pleased to provide implementation  
and support strategies for the TIP Team Culture resources.

Please visit the WBCA website to learn more.

**FEATURING**



**TOOLS & ASSESSMENTS**